

**FREDERICK COUNTY COMMISSION ON AGING MINUTES**  
**Urbana Regional Library**  
**9020 Amelung Street**  
**Frederick, MD 21704**  
**January 9, 2017**

<b>COA MEMBERS</b>	<b>DOA STAFF</b>	<b>EXCUSED</b>	<b>UNEXCUSED</b>	<b>GUESTS</b>
Mary Beachley	Kitty Devilbiss	M.C. Keegan-Ayer		Amanda Crawford
Elizabeth Chung	Sue Ramsburg	Randy McClement, Mayor		Julie Garver
Tom Lawler	Carolyn True	Ann McDermott		Alorin Harris
Dianne Lewis		Marie Reeves		Judy Kendro
Tish Raff		Leslie Schultz		Annie Lewis
Thea Ruff				Geoff Littrell
Bobbie Speace				Veronica Lowe
Sandra Wastler				Terry Miller
				Liz Shanklin

- I. **Call to Order** – Dianne Lewis called the meeting to order at 1:02 pm.
- II. **Welcome & Introductions** – Dianne welcomed all attendees. She gave a brief description of the Commission and its goals. Commission members around the table introduced themselves. Staff and guests around the room introduced themselves.

- III. **Action on the Agenda** – One item was removed from today's agenda. Under Item 9, Tish spoke of the Insurance Brochure at the December meeting and will not address it again today.
- IV. **Approval of Minutes** – The minutes of the December 12th meeting were approved with corrections. On page 4 in the Nomination's section, Bobbie stated that the number of available positions should state 4 instead of 3. Thea stated that her name was spelled incorrectly in the "Members Present" section and in the Aging in Place paragraph on page 4, first sentence should be revised to include additional topics; "transportation, health/wellness, community and social interaction, education and entertainment, legal issues, personal finance, and housing". A motion was made to approve the corrected minutes and the motion was seconded. All were in favor.
- V. **Frederick County Sheriff's Office, Sheriff Chuck Jenkins** – Tom introduced Sheriff Jenkins and read a brief biography with some personal and work background.

Sheriff Jenkins feels the largest current problem in Frederick County is the heroin crisis and its effect on the community. This is a national public health crisis. In 2012 there was a shift from the overuse of prescription opioid narcotics to abuse of heroin and heroin overdoses. In 2015 there were 140 heroin overdoses with 29 fatalities and in 2016 there were 402 heroin overdoses with 46 fatalities. There is an increased use of Narcan (administered to reverse overdose) and law enforcement are trained in the use of this drug. Sheriff Jenkins speaks on this topic every chance he gets so he can get the information out to the public. He states this is one of the most addictive drugs on the street. The demographic in Frederick County is white males between the ages of 21-29 from middle income families. Currently there are limited educational opportunities in Frederick County Public Schools, although the PTAs are open to information opportunities. There is no area untouched in Frederick County; the problem is widespread over all areas. More resources are needed to fight the problem and provide treatment. Often treatment is unavailable or unaffordable. The heroin issue can be linked to an increase in property crime as 80-90% of property crimes are related to drug activity. He encouraged the audience to lock vehicles and not leave valuables in view to avoid break-ins. Items are stolen and sold to purchase drugs.

Sheriff Jenkins reviewed some of the more common scams that are affecting senior citizens. One of the most prevalent scams is calls from the "IRS". The IRS does not make phone calls but handles legitimate business via postal mail. Calls do not need to be reported because little can be done to stop the calls. The best action is to

hang up the phone and do not share any personal information with the caller. Another type of phone call scam is a lottery call. These callers claim there is a prize to be claimed once an initial payment is made using a pre-paid credit card or Western Union payment. Some scams are perpetuated through the internet. Extortion, child exploitation, hacking of accounts, and impersonation scams are all done through internet connections. "Virtual kidnapping" is a caller who claims to have a family member and is requesting payment to have them released. Sometimes a caller will claim to be a family member stuck in a distant location and they need money to get home. This last type of scam has decreased in the last six months. Scams for home improvement services is another problem area. Homeowners pay for services to be completed and the worker does not return to complete services once payment has been made. Seniors are more vulnerable to be victims because they are isolated and lonely.

**Mission Moment/Maryland General Assembly, Tish Raff**– Tish distributed a handout with information from the Maryland General Assembly website. The General Assembly opens on Wednesday and it is helpful to familiarize yourself with the website to keep current on legislative topics during the session. The website address is [mgaleg.maryland.gov](http://mgaleg.maryland.gov).

Many items can be accessed from the homepage of the website. Tish reviewed links on the page that will lead to relevant information. At the top of the page, legislative items can be accessed by number; Senate bills (SB) and House bills (HB) or there is a drop down menu which allows a search by topic. The topic the Commission would search is "elderly". One link will allow access to a list of the Maryland Senators and Delegates identified by county and district numbers with contact information for each representative. Each representative is assigned to a committee. Bills are assigned to the committees. Tish reviewed the local delegates and the committees there are assigned to. Constituents have more power than they realize. The representatives can be contacted by phone, email, or a personal visit. Citizens can also testify on a bill during the session. There is a link on this webpage to "voice my opinion" and relay concerns. There is a link which allows viewing of the status of bill during the session. Bills can also be tracked by having status and updates send to an email address. Tish states that the site is very user-friendly and a good tool to access current legislative information.

- VI. Update on DoA/Activities, Carolyn True** – Carolyn shared some information about an upcoming program with the Dept of Aging. The Partners in the Arts program will start on Frederick 10<sup>th</sup>. This is a partnership between the Department and the Delaplaine Art Center

which gives caregivers and their family members an opportunity to bond during an open studio offering. It has been well received in past years.

Recently enacted nursing home regulations that offer protections for nursing home residents went into effect on July 1<sup>st</sup>. These are revised regulations and offer new protections such as:

1. A greater focus on addressing a resident's individual needs and preferences.
2. Prompt development of a care plan.
3. More comprehensive care.
4. Improved staff training.
5. Improved protections against abuse, neglect, and exploitation.
6. Better protection of resident property.
7. Increased visitation rights.
8. Protection against evictions.
9. Limiting nursing home's ability to "dump" a resident at the hospital.
10. Prohibiting forced arbitration of claims of misconduct.

These regulations will focus on a resident's more individual needs. Regulations for assisted living facilities will be available next week.

Carolyn distributed a quarterly state report which reflects statistics on the Maryland Access Program (MAP). This report is tied to the Department's AIM database. On the back of the document is similar statistical information from an Excel spreadsheet. Some of the numbers do not match but are closer in alignment than they have been in the past. The report does show some (non-geographical) demographic information and what seniors are calling for/what problems they are experiencing. There is a need for improved information collection and the Department will continue to work on this. The staff has recently started providing in-services to the Frederick Police Department staff to inform them of services and programs available through Department, Department of Social Services, and the Adult Evaluation Review Services.

- VII. Public Comment** – There was an expression of thanks from a member of the audience for these meetings. It is nice to have the Senior Center located in the same building as the library. Judy Kendro stated that she continues to seek information about affordable senior communities. She also inquired as to the possible future changes to Social Security and Medicare and if Frederick County is prepared to handle the problematic loss of these services to seniors. Dianne stated that, although she understands Ms. Kendro's concern, there is too much uncertainty about this specific

topic and there would be little control over what the Commission or local government could do to help avoid it.

One audience member spoke on the topic of seniors and their pets and the cost of caring for them. Liz Shanklin spoke about the benefits of seniors having pets to alleviate loneliness, however there is a cost to keeping the pets healthy. She distributed information on various programs to help with the costs of pet care. This information is also available on the Frederick County Humane Society website. Kitty Devilbiss offered that there is a pet food component to the Meals on Wheels program. Ms. Shanklin also has a concern of pets losing their home when citizens are transitioned into long term care facilities. Dianne thanked her for the information and will forward information which was sent via email to all the Commission members.

**VIII. Old Business –**

- IX. Seniors of Maryland (USM), Tish Raff** – The USM Forum will be held on January 25<sup>th</sup>. Mike Miller and Michael Busch have confirmed their attendance for the Forum. At last month's meeting, Maryland Delegate Ben Kramer and Maryland Department of Aging Secretary, Rona Kramer spoke about past and future work being done for the seniors of Maryland. Ben Kramer worked on several pieces of legislation that protects seniors and their interests. Tish stated that they will continue to work on the issues involving prescription drug accessibility and costs. Secretary Kramer is working on implementing an "Equipment Link" website for the donation of durable medical equipment for loan closets or to be sold at a reduced price.

**Insurance Brochure, Tish Raff** – This was removed from the agenda as it was discussed at the December 2016 meeting.

**Business Task Force, Tom Lawler** – Tom stated that this group had two main initiatives last year; transportation and caregiving. The transportation ideas have been handed off to the Local Health Improvement initiative transportation workgroup. The caregiving initiative has created a flyer and produced a PowerPoint presentation which is being turned into a video with the help of FCG-TV. The next proposal for this group is jobs for seniors. At the January meeting, Elizabeth Cromwell, CEO of the Frederick County Chamber and Michelle Day, Director of the Frederick County Workforce Services presented information on how their organization work with senior seeking employment. This will be a work in progress and may be a prolonged process.

**Aging in Place and Community, Thea Ruff** – Thea stated that this group has created a draft set of slides to explain the Aging in Place Committee and they are also working on educational questionnaire handouts on the various topics of importance. The next meeting is this week and the plan is to finalize the questionnaires at that time.

**Health, Mary Beachley** – Mary stated that this committee continues to work on their fall prevention campaign. Their membership has expanded and they have new members who are not on this Commission. They hope to finalize a draft flyer at their next meeting. They are having some formatting problem with the flyer. Mary will send the flyer to Monica to see if she can find staff assistance with the formatting. They hope to send out the final flyer to different agencies for internal distribution. Mary has also contacted the FNP about publishing it in the Senior Living monthly publication.

**Outreach, Sandra Wastler** – Sandy stated that this group has developed a contact list of senior organizations. They have also developed a set of slides for Commission members to use to present information to community organizations. They have developed a short audience questionnaire in an effort to bring information back from the presentations. The current need is to be more proactive in organizing these presentations. They would like to offer information in the Senior Living on a regular basis or add information to the Facebook page.

**Public Policy, Ann McDermott** – No report.

**Approval of Subcommittee Reports** - No action.

- X. **Announcements** - The Frederick Chamber will be sponsoring a “Conversation on Advanced Care Planning” on January 17<sup>th</sup> at FMH Crestwood. The cost is \$15/person. Registration is on the Chamber website, [www.frederickchamber.org](http://www.frederickchamber.org).

There will be a Chinese New Year celebration on January 29<sup>th</sup> at the Urbana Library from 1pm-3pm. It is a great intergenerational event and last year’s event had 700 attendees. Dianne suggested that this be sent to Leslie so it could be added to the Commission’s Facebook page.

The Catocin Community Medical Fund will be hosting a seminar at the Thurmont Senior Center on topics related to aging on January 21<sup>st</sup> from 2pm-430pm. Topics will include guardianship, downsizing

Frederick County Commission on Aging  
1/9/17

for safety issues, home health, and the difference between long term/skilled care and assisted living,

**XI. Adjournment -**

Dianne thanked everyone for attending today's meeting. The meeting adjourned at 2:45 pm.

Respectfully submitted,

Susan M. Ramsburg  
Recording Secretary